

## **Georgia Department of Human Services (DHS) H1N1 Emergency Plans**

This plan is a public service designed to provide important information during an H1N1 epidemic in Georgia. In the event of an epidemic, some or all of the Georgia Department of Human Services (DHS) offices may need to be temporarily closed. Here you can get the latest information about all DHS services and helpful tips for preventing the spread of H1N1.

### ***Emergency Contacts***

#### **DHS Public Contacts –**

- DHS Commissioner's Office: 404-651-6314
- Division of Family and Children Services: 404-651-8409
- Division of Aging Services: 404-657-5252
- Office Child Support Services: 404-657-3851
- Office of Residential Child Care: 404-657-9644
- Office of Facilities and Support Services: 404-656-4427

#### **Contacts for Media –**

##### **DHS Office of Communications**

- Press Secretary (Dena Smith): 404-656-4937
- Public Information Officer (Taka Wiley): 404-657-1385
- Public Information Officer (David Noel): 404-657-1388
- Media After Hours Pager: 404-655-5039

##### **Other Agencies**

- **GEMA**
  - Public Affairs: 404-635-7022
- **Georgia Division of Public Health**
  - Office of Communications: 404-657-9118
- **Georgia Department of Behavioral Health and Developmental Disabilities**
  - Office of Communications: 404-657-2254

### ***DHS Virtual Services***

COMPASS (provides access to Food Stamps and other DHS services) -  
<https://compass.ga.gov/selfservice/>

Office of Child Support Services Virtual Call Center (VCC) – 404-921-1490

DFCS Information Hotline – 1-877-210-KIDS

For a complete list of DHS online services, please visit [www.dhs.georgia.gov](http://www.dhs.georgia.gov).

## ***H1N1 Helpful Tips***

### **What is Pandemic Flu?**

A pandemic is a worldwide outbreak of serious illness. H1N1, also known as Swine Flu, is a respiratory disease of pigs that has now reached the pandemic stage in humans. H1N1 is different from seasonal flu or the common cold because symptoms are likely to be more severe. **These symptoms include fever, headache, fatigue, dry cough, sore throat, runny nose and muscle pain. You should seek emergency medical care if the following symptoms occur:**

- In children
  - Fast breathing or trouble breathing
  - Bluish skin color
  - Not drinking enough fluids
  - Not waking up or not interacting
  - Being so irritable that the child does not want to be held
  - Flu-like symptoms improve but then return with fever and worse cough
  - Fever with a rash
- In adults
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting

### ***How Can You Get H1N1?***

H1N1 is thought to spread in a similar way to seasonal flu (i.e., mainly from person to person through coughing or sneezing). Some people may become infected by touching something with flu viruses on it and then touching their mouth, nose or eyes. H1N1 is **not** transmitted by eating pork or pork products.

### ***How Can You Prevent the Spread of H1N1?***

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you are sick, stay at home unless you need emergency care.

### ***Be Prepared for a Pandemic or Emergency Situation***

- Store a two-week supply of water and food. Food items should include:
  - Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
  - Protein or fruit bars
  - Dry cereal or granola

- Peanut butter
  - Dried fruit
  - Crackers
  - Canned juices
  - Canned or jarred baby food
  - Pet food
- Ensure you have a regular supply of prescription drugs at home. Also stock pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.
- Stock emergency supplies, including:
  - Soap
  - Thermometer
  - Flashlight
  - Batteries
  - Portable radio
  - Manual can opener
  - Garbage bags
  - Tissues, toilet paper and disposable diapers
  - Disposable cups, plates, bowls and utensils
  - Gloves, face mask, etc.
- Coordinate caretaker duties with your family in the event members become ill.
- Volunteer with local groups to assist with emergency response.